

Winter/Spring 2013



Yoga Based on the Iyengar Style

This Level I yoga class is based on the Iyengar style of yoga and is meant for new or continuing students who, due to stiffness, lack of strength, or other limitations, would benefit from a less rigorous class. The class emphasizes strength, flexibility, awareness, and deep relaxation with appropriate adjustments for all levels of fitness and experience.

The class will focus on the structural alignment of the physical body through the development of poses (asanas) to unite the body, mind and spirit for health and well-being. Yoga is considered a powerful tool to relieve the stresses of modern-day life which in turn can help promote total physical and spiritual well-being.

The class will be characterized by great attention to detail and precise focus on body alignment. "Props" such as blocks, straps, blankets, and chairs will function as aids allowing beginners to experience the poses more easily and fully than might otherwise be possible without several years of practice. Props also allow tired students to enjoy the benefits of many poses via fully "supported" methods requiring less muscular effort.

Standing poses will be emphasized in this Yoga class to build strong legs, increase general vitality, and improve circulation, coordination and balance, ensuring a strong foundation for study of more advanced poses. Sitting poses, backbends, forward bends, twists and inversions will be taught as appropriate for the students enrolled.



Saturdays 10:30 am - 12:00 noon

Winter Session:

Jan 12 - Feb 23 (no class Feb 9)

1st Spring Session:

March 16 - April 20

2nd Spring Session:

May 4 - June 15 (no class May 25)

Register starting December 11.

Cost for each 6 week session:

WARF Members: \$72.00

Non-Members: \$90.00

Minimum 8 participant enrollment is required in order for class to run. Participants please bring 3 sturdy blankets to each class.

About the Instructor



Nazli P. Weiss, R.Y.T*, who originally hails from India, is a longtime practitioner of Iyengar Yoga. For the last 14 years she has studied Iyengar yoga in Washington DC and Charlottesville, VA. She has attended numerous workshops with senior Iyengar teachers nationwide and continues to do so on an on-going basis. Nazli has a Masters degree in English Literature, and has trained as a classical Indian dancer. Nazli's teaching is enriched by her study of the Indian texts and philosophy of yoga and aims to increase the strength and overall wellness of the body-mind system. She is a Registered Yoga Teacher (RYT) accredited by the Yoga Alliance of North America. She is a Rappahannock County resident and currently teaches at Balance Studio and Somerset House in Bethesda.